



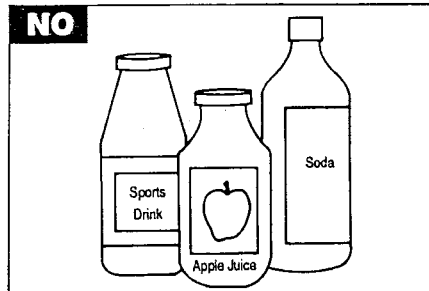
*Diarrhea can be dangerous. It drains water and salts from your child. If these are not put back quickly, your child can get dehydrated and may need to be hospitalized. To protect your child follow these steps:*



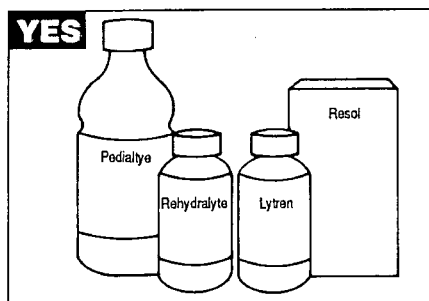
# MANAGING DIARRHEA

**1.** As soon as diarrhea starts, give your child fluids. An oral electrolyte solution is the best fluid to give. This will put the water and salts back into your child's body that are lost with diarrhea.

- You can get these solutions at grocery and drug stores.
- If under 2 years old give  $\frac{1}{2}$  cup every hour using a small spoon. Call your doctor or public health clinic.
- If over 2 years old give  $\frac{1}{2}$  to 1 cup every hour.
- Keep giving the oral electrolyte solution until the diarrhea stops.
- If your child vomits, continue to give the oral electrolyte solution, using a teaspoon. Give one teaspoon every 2—3 minutes until vomiting stops. Then give regular amount.
- Do not give sugary drinks such as Gatorade, cola drinks or apple juice. They can make your child's diarrhea worse.



These have the WRONG amounts of water, salts and sugar.



Oral electrolyte solutions have the RIGHT amounts of water, salts and sugar.

**2.** Continue to feed your child as recommended by your doctor or public health clinic. Food will help your child stay healthy.

- If breast-fed continue to breast feed.
- If on formula continue to give formula.
- If on solid foods continue to give regular diet. Good foods to give include cooked meat, cooked cereal or bananas.

## DANGER SIGNS OF DIARRHEA

Your child may need medical help if the diarrhea is more serious than usual. You should call your doctor or public health clinic immediately if:

- the diarrhea lasts more than 24 hours,
- the diarrhea gets worse,
- there are any signs of dehydration:
  - decreased urination*
  - sunken eyes*
  - no tears when child cries*
  - extreme thirst*
  - unusual drowsiness or fussiness*



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